

## Why give something up for Lent?

Ever approach a really special dinner by eating a light lunch or skipping it all together? The idea was to create a greater hunger so your favorite foods would taste even better that evening.



That's the basic idea behind Lent. The penance we do during this season helps us appreciate God's gifts all the more.

### Fasting before the feast

Giving something up in the penitential spirit of Lent doesn't have to be about food. You can "fast" from anything that you treasure but don't really need to sustain life.

The act of fasting creates an inner hunger that can take you in one of two directions. It can eliminate the desire for the thing you have given up thus helping you simplify your life and make more room for God. Or it can create a stronger desire for what you gave up. So when you finally return to it, you appreciate it all the more and experience it fresh again.

### A new Easter

Either of these options can bring you closer to God. And don't forget to include your fast with the gifts of bread and wine offered at Mass.

The important thing is that choosing to fast during Lent will help you celebrate the richness of Easter in a more complete way.